FLANDERS SENIOR CENTER

655 Flanders Road – PO Box 835 Flanders, NY 11901

MARCH 2010

Luncheon Served 12 Noon

Bingo everyday except Monday

Luncheon Served		T		y except Monday
Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Cabbage	2 Teriyaki Glazed	3 Eggplant Rollette	4 Home Style Pot Roast	5 Brewer's Codfish
9:45 Walking Club	Chicken	10:00 Pecan Collectible	<u>10:00</u> Coffee &	Information on
10:30 Exercise	10:00 Operation	Painting	Conversation	Academy Awards
w/Lillian	Visit – A - Friend	10:45 Stretch & Tone	10:00 Writing Workshop	
1:00 Country Line	10:00 Drawing	Exercise Class	1:00 Intergenerational Pen	Crafts w/Carolyn
Dancing	w/Bill	11:00 Southampton	Pal – Hampton Bays	0. 5 × 0.
	10:00 Nintendo Wii	Seniors – Hampton Bays		2 00
	10:00 Knitting &	7:00 Adult Children of		33
	Crocheting Circle	Aging Parents Support		A •
		Group-Hampton Bays		
	0	10 -	44	12
8 BBQ Chicken	9 Hungarian	10 Roast Pork	11 Tomato Topped	12 Ham, Peas &
9:45 Walking Club	Goulash	10:00 Pecan Collectible	Codfish	Mushroom Alfredo
<u>10:30</u> Exercise	<u>10:00</u> Drawing	Painting	10:00 Coffee &	7:30 Bus Departs for
w/Lillian	w/Bill	10:45 Stretch & Tone	Conversation	Foxwood (Pre
1:00 Afternoon	10:00 Nintendo Wii	Exercise Class		registration
Movie & Snack	11:00 Westhampton	1:00 Country Line		required)
1:00 Country Line	Senior Club Meeting	Dancing – Hampton	Past or Present	D 1 4
Dancing	- Westhampton	Bays	Share Your	Remember to
		1:00 Caregiver's Support Group –	Treasured Mementos	Change your
		1 11 1		Clocks for Daylight
5		Hampton Bays 6:00 Grandparents		Savings
9		Raising Grandchildren –		(1)
		Hampton Bays		sprinc abead
15 00 1 7	16 77 10	* *	10.0	
15 Chicken Lo	16 Veal Parmesan	17 Corned Beef &	18 Swedish Meatballs	19 Anniversary
Mein	<u>9:30</u> FAN FOOD –	Cabbage	9:30 Seniors 4 Kids	Chicken
9:45 Walking Club	Hampton Bays	10:00 Pecan Collectible	10:00 Coffee &	2:30 Book
10:30 Exercise	10:00 Drawing	Painting	Conversation	Discussion Group –
w/Lillian	w/Bill	10:45 Stretch & Tone	10:00 Writing Workshop	Hampton Bays
1:00 Country Line	10:00 Nintendo Wii	Exercise Class	1:30 Duplicate Bridge	
Dancing	10:00 Knitting &	10:45- St. Patrick's	Game- Bridgehampton	
	Crocheting Circle	Day Celebration 11:00 Blood Pressure		
		Screening		
		7:00 Adult Children of		
		Aging Parents Support		
		Group-Hampton Bays		₩
	55 &	Group Transpion Buys		
22 White Chicken	23 Potato Crusted	24 Haarty Roof Story	25 Cheese Ravioli	26 Roasted Turkey
Enchiladas	Codfish	24 Hearty Beef Stew 10:00 Pecan Collectible	25 Cheese Raylon 10:00 Coffee &	w/Pan Gravy
9:45 Walking Club	10:00 Drawing	Painting	Conversation	w/Faii Gravy
9:45 Walking Club 10:30 Exercise	w/Bill	10:00 Intergenerational	Conversation	M I D' 41 3
w/Lillian	10:00 Nintendo Wii	Reading Circle	3 5 2 2	March Birthday
1:00 Country Line	11:00 Westhampton	10:45 Stretch & Tone		Party –
Dancing	Senior Club Meeting	Exercise Class	SUB-	Music by Larry Lang!
	- Westhampton	1:00 Country Line		Lang.
(6)	commpton	Dancing – Hampton		
		Bays		
				5
29 Stuffed	30 Teriyaki Glazed	31 Eggplant Rollette		Women's History
Cabbage	Chicken	10:00 Pecan Collectible		Month
9:45 Walking Club	10:00 Drawing	Painting		
10:30 Exercise	w/Bill	<u>1:00</u> Caregiver's		Defensive Driving
w/Lillian	10:00 Nintendo Wii	Support Group –		March 27 (Pre
1:00 Country Line		Hampton Bays		registration
Dancing				required)
3:00 You Can Make				
A Difference –	TE CO			
Volunteer Meeting –				
Hampton Bays			1.0	
		Shanning to Riverhea	-I 474	

Shopping to Riverhead Stores
w/ Shuttle Buses
Every Friday

